

CERTIFICATE

OF ACHIEVEMENT

Lai Muk Hiung

BIB NO. A401442

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 718/4782

Category: 608/3923

Gender (Overall): 608/3923

FINISH TIME

Gun Time: 4:39:49

Net Time: 4:34:16

Pace: 6:31

Speed: 9.2

SPLIT TIME

KM5.0: 28:04

KM10.0: 55:14

KM15.0: 1:23:32

KM20.0: 1:54:15

KM25.0: 2:24:33

KM30.0: 2:57:09

KM35.0: 3:33:48

KM40.0: 4:13:03



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

